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BATTALION

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Editor in Chief

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# AGGIELIFE

THE BATTALION

Page 3 • Thursday, July 31, 2003

## Curvy and beautiful

Getting in shape and learning to love your body is part of Curve's fitness goal

By Kristin McNulty  
THE BATTALION

Tammy Teel pays for the Student Recreation Center with her fees, but prefers to go to Curves fitness center for women.

"I wanted an exercise program that was very structured so I would know what I was going to do every time I came in," said Teel, a senior community health major. "I needed something easy to do but effective."

For decades, women have been pressured to have perfect bodies. They have tried numerous health clubs and diets to find the right balance between Marilyn Monroe and Britney Spears. But this time, ladies, it is OK to have Curves.

Curves fitness center is the latest workout trend among women, and it is the fastest growing franchise of any kind, according to a 2003 survey by Entrepreneur Magazine.

The editor of Entrepreneur magazine said women around the world are discovering that Curves is 30-minute fitness, common-sense weight loss, and all the support they need to reach their goals.

Curves is a women-only gym that believes in a 30-minute workout consisting of hydraulic weight lifting mixed with cardio training.

According to Becca Stelzer, a senior community health major and a Curves employee, Curves understands a woman's busy schedule, especially that of a full-time student.

"Thirty minutes is quick enough for a woman to fit into her day, but long enough to get an intense workout," Stelzer said.

While the majority of Curves members are between 30 and 55 years old, Texas A&M students are using Curves as a replacement for the Student Recreation Center.



SHARON AESCHBACH • THE BATTALION  
Stacey Shrank, member of Curves, participates in the 30-minute circuit training exercise Wednesday afternoon.

"At (Curves) I don't have to worry about a crowd, having to wait for machines or feeling uncomfortable with all of the guys around me," Teel said.

Stelzer said approximately 50 of its members are A&M students.

"Students choose Curves because parking isn't a problem, and it allows them to work out as hard as they want," she said.

At other gyms, there is usually a high price for members to have a personal trainer. When a woman joins Curves she gets all the free help she needs from any of the employees.

This assistance includes getting weighed and measured every month, which is recorded on the member's personal chart, and demonstrations on the machines. Before a member joins, she is given a free, week-long membership with all the perks.

Women also find other

advantages at Curves compared to larger gyms.

"I find it very encouraging every time I workout because of the friendly, intimate environment; everyone is so encouraging," Teel said.

Members can also go to any of the Curves in the United States to workout. A travel pass is required from the member's home gym to do so at no extra cost.

Teel said she enjoys being able to go home to Houston and continue her workout at a Curves there.

Regardless of age, race or appearance, women are in the same boat when it comes to their body image. They all want to look good and feel good.

Teel said she believes Curves provides a place where women can come together based on this bond and leave with high self-esteem and confidence about their bodies.

## Eating healthy doesn't have to end once a student enters college

By Heather McPherson  
KRT CAMPUS

ORLANDO, Fla. — Ah, college. Independence, adventure and — egads! — no one to cook you dinner.

Welcome to grown-up world. So you conquered the admissions process, but what about supper?

Students headed for college campuses this fall are no doubt packing clothes and gathering school supplies. But what about fuel for the body and brain? And what about the many appliances that can transform a package of ramen noodles into something edible?

Let's start our lesson in campus cuisine with the nonperishables. From forbidden George Foreman Grills to permissible microwaves, there are enough campus housing rules to make a can of Easy Cheese implode.

Campus Web sites (search under "housing") list a lot of culinary do's and don'ts for incoming students. With a few variations, the lists are similar.

The common theme on the "don't

bring" lists are appliances with exposed or open heat coils, such as those found in toasters or toaster ovens. However, many campuses allow the use of these items in designated community kitchens. Open flames, such as those found on portable butane grills, camp stoves or hibachis are no-nos, as well.

Parents and students may be surprised to learn that George Foreman grills, which are at the head of the class in nationwide sales, made the "don't bring" list at many campuses.

"The (George Foreman) appliances throw off so much steam," explains Joseph Paulick, assistant director of resident life at the University of Central Florida. "And — for the safety of the students — the fire systems are much more sensitive these days. (The grills) could set off the sprinkler systems. Also, they collect a lot of grease and most people at this age don't know how to properly dispose of it."

Add in the potential conflict with aromas emitted from seasoned foods in the grills, says Paulick, and it just doesn't

make the grade for housing options.

Microwaves, coffee makers, hot pots and other appliances with closed heating elements, however, are welcome at most campuses.

In general, most campuses require that actual cooking be done in designated areas. But late-night nosherers are in luck: The prevalence of modern zap cooking and ready-to-heat foods has encouraged some institutes of higher learning to make allowances for dorm-room microwaves. Maximum wattages vary from 700 to 1,500, so check before you pack.

Cooking utensils, cutlery, plates are the responsibility of the student. Think sturdy, lightweight and unbreakable. And don't forget the dishwashing liquid. Your home has a dishwasher, your dorm room does not.

What's the kitchen lesson most students will need remedial help with?

"Taking out the garbage," says UCF's Paulick with a laugh. "I'm serious. We get calls from parents complaining about bugs and odors, and it's

most often linked to food in their children's trash cans."

OK, the rented trailer is packed with all your college gear, but once you get to campus, a grocery shopping trip is your first challenge.

"In our grab-it-and-go society, having access to healthful foods in a dorm room may mean that your son or daughter grabs breakfast before that early-morning class," says registered dietitian Susan Mitchell.

"This way they're not so hungry later and are less likely to eat the door off the refrigerator and end up eating any fat-laden fast food in sight," says Mitchell, who is the author of "Eat to Stay Young" (Kensington, 2000) and co-author of "I'd Kill for a Cookie" (Plume, 1998).

"Go shopping with your child," says Joan Zeckler, Albertson's supermarkets registered dietitian for Florida. "It will help get your child started in the right direction of good eating habits, and it's a great time to share tips on buying the best foods for their buck."

"Focus on great carbs — whole grain bread, whole wheat cereal, oatmeal, whole wheat pasta and brown rice and fruits and veggies. ... Convenience foods work well too if you balance the day. Round out frozen meals and add a side salad with a low-fat dressing and a glass of skim or 1 percent milk."

Both experts say that the infamous "freshman 15," can be avoided if students follow a healthful meal plan.

Here are a few tips for college-bound students from Mitchell and Zeckler:

—Make sure to start the day with breakfast for increased energy and concentration and less grazing throughout the day.

—Set apart studying and snacking. Snack in the dorm kitchen, not in your room with books.

—Stay active — join a recreational team, walk around campus or go to the gym.

—Take the time to eat three to five small balanced meals. Try to avoid eating on the way to class.

# Worship Directory

### Adventist

**Seventh Day Adventist**  
1218 Ettle St., Bryan (corner of Coulter)  
775-4362  
Pastor Bill Davis  
Saturday 8:15am - Spanish Worship  
English - 11:00 am  
Sabbath School - 9:45 am  
www.bryansdachurch.com

### Baptist

**Parkway Baptist Church**  
1501 Southwest Pkwy  
(979) 693-4701  
Sunday Worship 8:15 10:45 & 6PM  
Sunday School 9:30 AM  
Wednesday: Meal 5:30PM  
College Bible Study Wed. 6:30PM  
www.pbccs.org

### First Baptist Church UNIVERSITY MINISTRY

2300 Welsh Ave. • College Station  
**SUNDAY:**  
8:30 & 10:55-Worship Services  
9:45-Bible Study  
6:00 p.m.-Graduates and Professionals Bible Study  
**WEDNESDAY:**  
6:00 p.m.-Summer Book Club  
Ty Cope, University Minister  
ty@fbccollegestation.com • 764-1353

### Catholic

**St. Mary's Catholic Center**  
603 Church Avenue in Northgate  
(979) 846-5717  
www.aggiecatholic.org  
**Pastoral Team**  
Rev. Michael J. Sis, Pastor  
Rev. Keith Koehl, Associate Pastor  
- Campus Ministers -  
Deacon Bill Scott, Deacon David Reed,  
Martha Tonn, Julie Mendonca  
Dawn Rouen, Roel Garza  
**Daily Masses**  
Mon.-Fri.: 5:30 p.m. in the Church  
**Weekend Masses**  
Sat: 2:00 p.m. (Korean),  
5:30 p.m. (English), 7:00 p.m. (Spanish)  
Sun.: 9:00 a.m., 11:00 a.m., and 7:00 p.m.  
**Confessions**  
Wed. 8:30-9:30 p.m., Sat. 4:00-5:15 p.m.  
or by appointment.

### Christian

**First Christian Church**  
900 South Ennis, Bryan  
823-5451  
**Sunday School 9:30 a.m.**  
**Morning Worship 10:45 a.m.**  
Robert D. Chandler, Minister

### Church of Christ

**A&M Church of Christ**  
1901 Harvey Mitchell Pkwy.  
(979) 693-0400  
**Sunday Assemblies:**  
8 a.m., 10:30 a.m.,  
College Bible Class 9:30 a.m.  
Sunday Night: 5:45 p.m.  
Mid-Week 8:30 p.m.  
**Aggies for Christ**  
Call for on-campus pick-up info  
www.aggiesforchrist.org

### Episcopal

**St. Thomas Episcopal**  
906 George Bush Dr. • College Station, TX  
696-1726  
Services - 8:00 (Rite 1)  
10:00 (Family Service Rite II)  
Next door to Canterbury House,  
the Episcopal Student Center.

### Methodist

**A&M United Methodist**  
417 University Dr. (in Northgate) • 846-8731  
Sunday Worship: 8:30, 9:45, 10:50  
College Sunday School: 9:30, 10:45  
Sr. Pastor Dr. Jerry Neff  
www.am-umc.org

### Non-Denominational

**communityCHURCH**  
**SUNDAYS:**  
Prayer Service @ 10 a.m.  
Worship @ 11 a.m.  
**Now Meeting in Northgate**  
College Main & Church St.  
at the  
Baptist Student Ministry  
(BSM) building  
**Small Groups**  
This Summer: Tues. Nights  
**"Don't Just GO to Church!"**  
www.comCHURCH.com  
260-1163

### Pentecostal

**Cornerstone Church**  
• On Campus College Bible Study held weekly  
• Sunday Service at 3:00pm  
Meets at College Station Conference Center  
(George Bush Drive)  
485-8744

### Pentecostal

**Victory United Pentecostal Church**  
Sunday 2:00 p.m. Wednesday 7:00 p.m.  
**1808 - H Brothers**  
(behind the C.S. Wal-Mart)  
764-4180

### Presbyterian

**Covenant Presbyterian Church**  
220 Rock Prairie Road (979) 694-7700  
Rev. Sam W. Steele - Pastor  
**Sunday Service: 8:30 & 11 a.m.**  
**Sunday School: 9:45 a.m.**  
Students Welcome  
www.covenantpresbyterian.org

### FIRST PRESBYTERIAN CHURCH

Helping Aggies grow in faith  
Worship 10:00 a.m.  
Church School 9:00  
Fellowship on the Patio 11 a.m.  
1100 Carter Creek Parkway  
www.fpcbryan.org